

<b>Course title</b>	<b>Psychology of Trauma</b>				
<b>Course code</b>	<b>PSY4704</b>				
<b>Course type</b>	Elective				
<b>Level</b>	Bachelors				
<b>Year / Semester</b>	Year 4 / 7 <sup>th</sup> Semester				
<b>Teacher's name</b>	Professor Timothy Skinner				
<b>ECTS</b>	6	<b>Lectures / week</b>	3hrs	<b>Laboratories / week</b>	-
<b>Course purpose and objectives</b>	<p>This elective explores the psychological impact of trauma across the lifespan, from acute stress reactions to complex post-traumatic presentations. Students will examine the neurobiological, cognitive, emotional, and social mechanisms underlying trauma responses and review evidence-based approaches to prevention and recovery. The course integrates research and applied perspectives from clinical, developmental, health, and social psychology, emphasizing trauma-informed principles, resilience, and ethical sensitivity when studying or working with trauma-exposed individuals.</p>				
<b>Learning outcomes</b>	<p>On successful completion of the course and with further independent study, students will be able to:</p> <p><b>Knowledge and Understanding</b></p> <ol style="list-style-type: none"> <li>1. Critically explain major theoretical models of trauma and stress responses, integrating contemporary research and debates in the field.</li> <li>2. Analyse and synthesise advanced knowledge of the neurobiological, cognitive, and emotional processes underlying trauma reactions across diverse populations.</li> </ol> <p><b>Competencies</b></p> <ol style="list-style-type: none"> <li>3. Critically analyse the impact of trauma on individuals, families, and communities by drawing on empirical evidence, theoretical perspectives, and contextual factors.</li> <li>4. Evaluate and compare evidence-based assessment and treatment approaches for trauma-related conditions, demonstrating an understanding of their strengths, limitations, and appropriate application.</li> </ol> <p><b>Transferable Skills</b></p>				

	<p>5. Demonstrate ethical and cultural awareness when considering trauma research or practice.</p> <p>6. Communicate research-informed evaluations and recommendations clearly and professionally in written format, appropriate for case-based and applied contexts.</p> <p>7. Apply knowledge of trauma and stress responses to inform the development of trauma-informed approaches within different environments.</p>		
Prerequisites		Required	None
Course content	<p><b>Indicative Content</b></p> <ul style="list-style-type: none"> <li>• Introduction to Trauma Psychology (Definitions of trauma, types of traumatic experiences, prevalence, and diagnostic criteria)</li> <li>• Historical and Theoretical Perspectives (Evolution of trauma theory; psychodynamic, cognitive-behavioural, and neurobiological models)</li> <li>• Neurobiology of Trauma (Brain structures and processes affected by trauma (amygdala, hippocampus, HPA axis); memory and dissociation)</li> <li>• Cognitive and Emotional Processing (Information-processing models; avoidance, intrusive memories, and maladaptive appraisals)</li> <li>• Trauma Across the Lifespan (Childhood trauma, attachment disruption, developmental trauma, and intergenerational transmission)</li> <li>• Social and Cultural Dimensions (Collective trauma, refugees, war, gender-based violence, and cross-cultural conceptions of trauma.)</li> <li>• Assessment and Diagnosis (Screening tools, structured interviews, and ethical considerations in trauma assessment.)</li> <li>• Evidence-Based Interventions (CBT for trauma, EMDR, exposure therapies, narrative and body-based approaches, trauma-informed care)</li> <li>• Resilience and Post-Traumatic Growth (Factors promoting recovery; meaning-making, coping, and social support.)</li> <li>• Vicarious Trauma and Self-Care (Impact on helpers and researchers; compassion fatigue, burnout prevention, reflective practice)</li> <li>• Trauma-Informed Practice in Organisations and Communities (Strategies for creating trauma-sensitive environments; Applications in schools, healthcare settings, social services, and workplaces)</li> </ul>		
Teaching methodology	<p>Teaching will consist of lectures, in-class discussions, case studies and quizzes designed to assess understanding and provide opportunities for formative feedback. Teaching will be supported by online materials and additional readings</p>		

<b>Bibliography</b>	<p><b>Core Text:</b>          Farrington, S., &amp; Woodward, A. (2024). <i>The Psychology of Trauma</i> (1st ed.). Routledge. <a href="https://doi.org/10.4324/9781032637242">https://doi.org/10.4324/9781032637242</a></p> <p><b>Further reading:</b>          A reading list will accompany each lecture, highlighting relevant articles accessible through the library, as well as open-access and e-learning resources.</p>	
<b>Assessment</b>	Attendance and participation Case study assessment Exam	10% 45% 45%
<b>Language</b>	English	